

Getting Started:

- Go to Software.lbl.gov; scroll down (or page down) until you find Remedy Interactive RSIGuard and click
- Select RSIGuard for Windows or Mac and click the Download Icon
- You'll get Opening RSIGuard LBNL screen; click Save File button and then save to your Desktop
- Click your START button at lower left of Desktop and find RSIGuard folder: select RSIGuard Stretch Edition
- The RSIGuard Setup Wizard will open and install the software...takes a few minutes
- The Setup Wizard will walk you through a half dozen questions to customize your break time reminders
- When finished, the RSIGuard Icon will appear on your Desktop Taskbar which can later be used to adjust your settings or turn off RSIGuard

If you want to know more about RSIGuard features and benefits or get step-by-step instructions on setting it up on your computer, check out [RSIGuard](#) in the A-Z Index (requires Powerpoint software).